

OPEN 10 MILE TIME TRIAL



THAMES VALLEY TRIATHLETES

16th June 2019

H10/22

First Rider start at 0801

Promoted for and on behalf of Cycling Time Trials under its rules and regulations

Headquarters & Route to start

Headquarters Address

Liston Hall
Chapel Street
Marlow
Bucks SL7 1DD

Route from HQ to start

The start, and finish, are approximately 1.8km from the HQ and are all on the A4155 Little Marlow Road.

1. Leave the Liston Road carpark by turning right on to the A4155 Little Marlow Road.
2. Continue on the A4155 Little Marlow Road and take the 2nd exit at the first roundabout, remaining on the A4155 Little Marlow Road.
3. At the 2nd roundabout take the 2nd exit, very quickly leading to the A404/A4155 junction. Continue on the A4155 Little Marlow Road over the A404.
DO NOT JOIN THE A404.
4. After approximately 30m cross the A4155 by turning right in to Pump Lane South, then proceed to start

Course Details



Description	Distance (miles)
Start on the A4155 on the eastern side of the junction with the A404 at lamp post number 90, 72 yards westward of the entrance to an unclassified road signposted 'Lexmark'.	0.00
Proceed westward on the A4155 to the flyover roundabout junction with the A404.	0.10
Bear left (CARE, give way to traffic from the right) and take the slip road to join the A404. Continue on the A404 over the river Thames bridge to the roundabout junction with A308.	2.14
Give way to traffic from the right and take the second exit to continue southwards on A404. Continue on the A404 and straight on PAST the slip road leading to the A4130.	3.55
Bear left up the slip road to join the A4 at Maidenhead Thicket roundabout.	5.00
Riders must give way to traffic from the right already on the roundabout and be vigilant to traffic joining the roundabout from the east side on the A4. Circle the roundabout and take the 4th exit to rejoin the A404 (Take Care - fast moving traffic from the right on the A404 coming off the A404M).	5.33
Continue northwards on A404 and straight on PAST the slip road leading to A4130.	6.45
Continue to the roundabout junction with A308. (Care on very fast descent into the roundabout). Give way to traffic from the right and be vigilant to traffic joining the roundabout from the left from Bisham Village. Take the second exit on the A404.	8.52
Continue on A404 to finish at a small yellow sign (No Parking on the verge at any time) 25 yards north of and past the 'Globe' sign situated within the Business Park parallel to the A404.	10.00
On finishing riders MUST continue on the A404 and take the slip road leading up to the A4155	

Local Regulations

Restriction of Parking at the Start and Finish

LWDC 2 - No vehicles, except those of the timekeeper(s) and other event officials, shall be parked in the vicinity of the start or finish points.

Use of Turbo Trainers

LWDC 3 - Noisy Turbo Trainers are not to be used at morning events within 100 yards of residential accommodation

Course Records

Solo Female 20:37

Kate Allan; Drag2Zero

Solo Male 18:40

Chris Boddy; Aerocoach

Notes To Competitors

17. Signing-on Sheet and Signing-out Sheet

- (a) The competitors in all types of events must make themselves aware of any special safety instructions for the event and sign the official signing-on sheet when collecting their number.
- (b) In Type A events a competitor must return to the event HQ either during the event or within a reasonable time after the last rider has finished the event and must (i) return their race number(s); and (ii) sign the official signing-out sheet. A rider who fails to so sign the official signing-out sheet shall be recorded as DNF.

This event may be subject to a Doping Control As soon as you have finished you should return to the event HQ as it is your responsibility to check if you are required for Doping Control. Race numbers required for Doping Control will be displayed at the HQ adjacent to the result board. If your number is displayed you should report immediately to Doping Control which will be nearby. Remember, it is up to you to check and ensure that you comply. If required you must report to Doping Control after finishing without delay.

Time Keepers & Officials

Timekeepers

- Maggie Smith; North Hampshire Road Club
- Andrew Small; Maidenhead & District Cycling Club

Marshalls, Volunteers from Thames Valley Triathletes

- Akhil Chandak
- Sian Chinsen
- Mike Dean
- Jenny Gale
- Ollie Holman
- Mark Pocock & son
- Jason Tracy
- Alistair Weir

Organiser

Chris Aitken
8 Mills Chase
Bracknell
Berks RG12 9RE

07711 415710

Awards/Prizes

- 1st Male overall £20*
- 1st Female overall £20*
- 1st Male Veteran on Standard £20*
- 1st Female Veteran on Standard £20*
- Spot prizes of £10 for:
 - 10th, 20th 30th & 40th place

* We want to spread the prizes around, so you won't be able to win overall and standard. One 1st prize per person.

Start Number	Start Time	Rider		Club	Gender	Category
1	08:01:00	Andrew	Grenville	Thames Valley Triathletes	Male	Veteran
2	08:02:00	Sam	Hucks	High Wycombe CC	Male	Junior
3	08:03:00	Gerry	Peppin	Corinium Cycle Club	Male	Veteran
4	08:04:00	Michelle	Ayres	South Bucks RC	Female	Veteran
5	08:05:00	Colin	Mcdermott	Festival Road Club	Male	Veteran
6	08:06:00	Pasquale	Chionchio	Westerley Cycling Club	Male	Veteran
7	08:07:00	James	Lockhart	Thames Valley Triathletes	Male	Senior
8	08:08:00	John	Froud	Festival Road Club	Male	Veteran
9	08:09:00	John	Hoskins	Westerley Cycling Club	Male	Veteran
10	08:10:00	Piers	Barnett	G.S. Henley	Male	Senior
11	08:11:00	Dan	Charleston	High Wycombe CC	Male	Veteran
12	08:12:00	Andrew	Payne	Maidenhead & District CC	Male	Veteran
13	08:13:00	Gillian	Reynolds	Willesden CC	Female	Veteran
14	08:14:00	Bethan	Huntley	Royal Air Force Cycling Association	Female	Senior
15	08:15:00	James	Churchard	Reading CC	Male	Veteran
16	08:16:00	Les	Liddiard	Team Jewson - MI Racing Poly Pipe McCann	Male	Veteran
17	08:17:00	David	Newman	Westerley Cycling Club	Male	Veteran
18	08:18:00	Martin	Thain	Farnborough & Camberley CC	Male	Veteran
19	08:19:00	Brian	James	Brighton Mitre CC	Male	Veteran
20	08:20:00	Ollie	Hucks	High Wycombe CC	Male	Espoir
21	08:21:00	Roderick	Macfadyen	Reading CC	Male	Veteran
22	08:22:00	Richard	Hutt	Harp RC	Male	Veteran

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Start Number	Start Time	Rider		Club	Gender	Category
23	08:23:00	Jorj	James	Maidenhead & District CC	Male	Veteran
24	08:24:00	Nick	Huntley	Royal Air Force Cycling Association	Male	Veteran
25	08:25:00	Kate	Allan	DRAG2ZERO	Female	Senior
26	08:26:00	Andrew	Halliday	Westerley Cycling Club	Male	Veteran
27	08:27:00	Conor	Boyle	Woking Cycle Club	Male	Veteran
28	08:28:00	Timothy	Budd	Hounslow & District Whs	Male	Veteran
29	08:29:00	Dominic	Lovelock	Kingston Wheelers CC	Male	Veteran
30	08:30:00	Ryan	Davies	AS Test Team	Male	Senior
31	08:31:00	Philip	Watts	North Hampshire RC	Male	Veteran
32	08:32:00	Alan	Allcock	Didcot Phoenix CC	Male	Veteran
33	08:33:00	Joy	Payne	Amersham Road Cycling Club	Female	Veteran
34	08:34:00	Jeremy	Ball	Westerley Cycling Club	Male	Veteran
35	08:35:00	Simon	Barbour	AS Test Team	Male	Senior
36	08:36:00	Charlie	Mactear	High Wycombe CC	Male	Junior
37	08:37:00	Michael	Gowan	Festival Road Club	Male	Veteran
38	08:38:00	Matt	Picozzi	Thames Valley Triathletes	Male	Senior
39	08:39:00	Pippa	O'brien	RT PODA	Female	Veteran
40	08:40:00	Chris	Boddy	AeroCoach	Male	Senior
41	08:41:00	Matt	Meek	Aspire Velo Racing Team	Male	Senior
42	08:42:00	Michael	Porter	34 Nomads CC	Male	Veteran
43	08:43:00	Stewart	House	Arctic Tacx RT	Male	Veteran
44	08:44:00	Jill	Bartlett	Hounslow & District Whs	Female	Veteran

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